

# Living with Dementia

## Information Sheet

### Be Dementia Proactive

#### Explore positive things to do



**Be proactive by gaining knowledge from these links and take positive action**

#### **Safe from Fire - Safe and Well**

- Get a Fire Safety Check - view the video clip to see how important this is

<https://www.youtube.com/watch?v=oohXx07goXU>

#### **Safe and Well Trips and Falls**

- Learn more about how to reduce risks by making changes to life style and your home  
-view video the clip

<https://www.youtube.com/watch?v=uXSwhiCUIRY>

#### **Safe and well - Safe and Found**

Help the police find a missing person as quickly as possible  
view video clip to understand the importance of this

<https://www.youtube.com/watch?v=0YOWrSsnt2o#>



Keeping people living with dementia  
Safe from Fire, Safe & Well



Keeping people living with Dementia  
Safe from Trips & Falls, Safe & Well



Keeping people living with Dementia  
Safe & Found, Safe & Well

#### **Play List for life**

#### **Sharing the power of personal music for people living with dementia**



Start building a playlist for yourself or a loved one today

<https://www.playlistforlife.org.uk/>

Over two decades of scientific research has shown that listening to a personal playlist can improve the lives of those living with dementia.

In fact, listening to music that is personally meaningful has many psychological benefits, meaning anyone can benefit from a playlist.

Personal playlists can:

reduce anxiety

improve your mood

make difficult tasks more manageable

Find out more visit Playlist for Life real stories to be inspired



<https://www.playlistforlife.org.uk/harry-margarets-story/>





# Living with Dementia

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### An introduction to Dementia Together online

#### Connecting People, Connecting support website

This website has been created by a variety of professionals with a wealth of knowledge and experience and a great deal of care for people affected by living with dementia

**It is a free recourse full of positivity which is invaluable at a difficult time.**

<https://dementiatogether.online/>

– just keep clicking to find the full depth and vast content on the website.

This can be used and be an inspiration and encouragement to a person with **young onset dementia** and also be a tool and support for a person living with a person with dementia /memory loss It could also be used as a tool for professionals to signpost to.

**It could also be used by carers on longer calls as a positive inspired activity /conversational**

connecting people, connecting support  
occupation matters

[Home](#) [About](#) [Contributors](#) [Print @ Home](#) [Contact](#)

A space where people with dementia, families and supporters can come together to explore ways of living well with dementia.



#### Print @ Home

If you or the person you are supporting would prefer paper copies of the resources you can download and print our Print @ Home pack here. It contains some, but not all, of the information in the website, so keep checking in for other useful things to chat about, try, play and more.

[print at Home — connecting people, connecting support \(dementiatogether.online\)](#)

connecting people, connecting support  
occupation matters

A space where people with dementia, family members and supporters can come together and explore ways of living well with dementia.

chat

try

www.connectingpeople.com  
connectingpeopleonline.com  
AHPconnectingpeople@gmail.com

Lab 4 Living

Alzheimer's Through Dementia

Alzheimer Scotland

Helpline



# Living with Dementia Information Sheet page 2



## Me and You

This book was created during lockdown as a creative way to stay connected to relatives who we couldn't see in person. It encourages relatives or friends to capture and share their memories, stories and connections. Precious to gather for families living with dementia .

For more information contact Lab 4 Living  
<https://lab4living.org.uk/contact/>



## Positive Dementia - John Killick

This book is not about the past, which has gone. Or the future, which is uncertain. But it is for those who want to improve the lives of people with dementia and themselves in the Here and Now. The book is not written by an expert but by a man seeking to find new approaches concerning dementia who wishes to share his discoveries

## Discovering Dementia

A lovely piece of work also work of John Killick and Claire Craig and others - aim to give positivity when newly diagnosed Claire and John had for some time recognised that whilst so often emphasis is placed on the importance of focusing on the person living with dementia, there is still a tendency to view dementia through a medical lens. As a consequence, the social and psychological aspects that are just as significant as the medical can be lost.

For more information — <https://blogs.shu.ac.uk/c3riimpact/discovering-dementia-book-launch/>



## Hug me by Laughter

Designed to bring comfort and joy to people living with dementia HUG is a sensory product designed to be cuddled. It has a beating heart within its soft body and play music from a favorite playlist.

Use the playlist for life website to build a special playlist

Featured on The One Show

<https://www.bbc.co.uk/programmes/p0974ckg>

Buy a hug

<https://hug.world/?product=buy-a-hug>  
£125



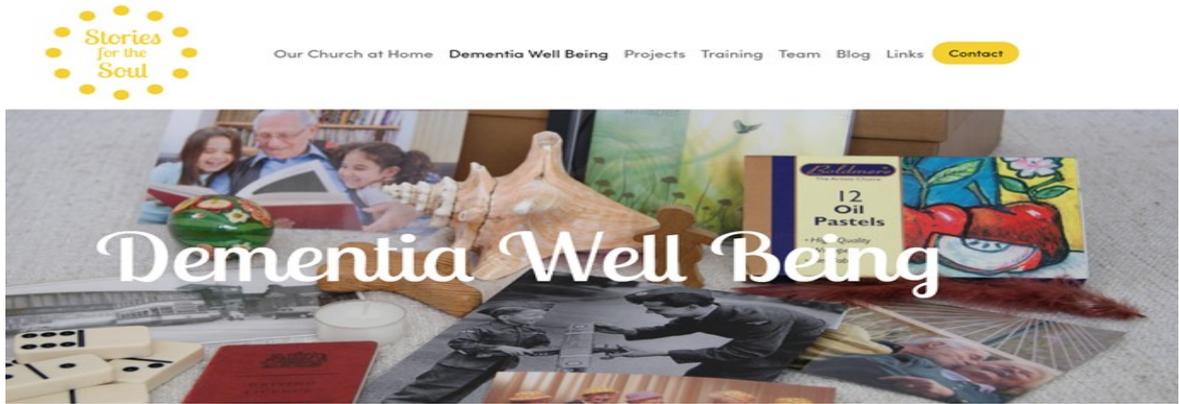
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# Living with Dementia

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**Stories for the Soul** - <https://www.storiesforthesoul.org/contact>

Resources and knowledge to help people to live well with dementia



**Stories for the Soul** - **Our Church at Home** part of the website

[website link](#) - [Our Church at Home — Stories for the Soul](#)

Our Church at Home is based around Christian festivals and stories of people.

Although the sessions are designed for older people gathering together 'as Church' they are designed to be welcoming and inclusive for people of all generations, worldviews and faiths. All the content can also be used by individual people and couples and friends at home.

It is theme based with a wealth of lovely areas to explore, using the power of sharing and music to engage.

It is designed to be used with and for people living with dementia - reconnection for a persons spiritual needs can be an important part of a persons wellbeing



### Wondering Questions

[The Last Supper Wondering Questions](#)

[Good Friday Wondering Questions](#)

[Easter Wondering Questions](#)

### Hymns and Prayers

[Prayer Words](#)

[100 Hymn Titles](#)

[Easter Hymns Words](#)

[BBC 100 Hymn Videos](#)

[Easter Prayer](#)

[My Favourite Hymns, Prayers and Bible Verses Record](#)